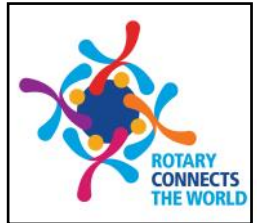


ROTARY 4-WAY TEST

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



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 Visit The Rotary Club of Winchester website at www.rotaryclubofwinchester.org
 Address Rotary correspondence to P.O. Box 2686, Winchester, VA 22604

Chartered 1921

October 10, 2019

October 24 - Club Elections Begin
 November 3 - **FALL BACK**...Change your clocks
 November 7 Awards Banquet at GW Hotel (No Noon Meeting)

TODAY

Today we learn about the exciting new things happening at the **Handley Regional Library**.

ANNUAL GOLF TOURNAMENT - POSTPONED!

Due to the threatening rain, the golf committee had to make a tough last minute decision Monday.... our Golf Tournament was moved to this coming Monday (Columbus Day)... same time, same place!

ROTARY LEADERSHIP INSTITUTE IS TOMORROW

Last week Cary reminded the club of the upcoming Rotary Leadership Institute class on October 11 (tomorrow) at Lord Fairfax Community College. The club will sponsor the cost for up to four members and one spot was still open. This is a great way to learn more about Rotary and prepare yourself for leadership in our club.

HAPPY BIRTHDAY!

Dick Kent introduced Dan Martin, who along with the club serenaded our President Cary Claytor with a special rendition of "Happy Birthday". Cary thanked the club and reminded us that kindness is always special.



Our Last Program

Club member **Robbie Barch** was our speaker. Robbie is a representative of Northwest Mutual Insurance. He presented some unbiased information on long term care insurance. Long term care insurance is designed to provide finances to fund an individual's care, whether at home, in a nursing or assisted care facility, hospital, adult day care center or hospice. He presented research from the U. S. Dept. of Health that indicated 70% of people turning 65 will need some type of long term care insurance.



After reviewing the ever increasing daily cost of senior care, Robbie noted when purchasing any type of long term policy it is vital to check the rating for the company you select. Premium prices can vary greatly, but starting a policy at the age of 50 or so is a great way to minimize the long term premium cost. He recommended members consider using "*The Shoppers Guide to Long-Term Insurance*" from the National Association of Insurance Commissioners as the best source of information.

Apple Harvest Festival - Darla and Paul extended thanks to everyone especially the hard working team leaders... **SHANE WAGONER** (Logistics), **DARCUS BRENEMAN** (Queen of Everything Bingo), **TRICIA SIMPSON** (Apple Pie Baking Contest), **PAUL BURKHOLDER** (Parking Guru), **JIM ROBINSON** (Apple Theme & Apple Sales), **JOHN LAMANNA** (Gate Keeper), **DAN MARTIN & TOM MACCUBBIN** (Tap & Cork), **CHUCK PETERSON** (Entertainment) and **KAREN SCHULTZ & RIDGE WHITE** (Kids Zone). Without these folks saying "*Yes, I will do it*", many of the activities that have been added to the festival these past several years, **WOULD NOT HAPPEN!**



TO ALL THE FOLKS THAT SIGNED UP... "Paul and I couldn't thank you enough! It takes a large portion of this club to make this event happen...from all the heavy lifters that helped Shane set up and tear down, THANK YOU! All you dedicated members that helped Paul Burkholder set up the very efficient parking area, THANK YOU! Thank you, PAT KOFALT, for your vision to recruit the men from the Rescue Mission. Thank you, JOHN LAMANNA for recruiting the Timber Ridge folks! We would also like to thank our festival sponsors...FIRST BANK, WHITE HOUSE FOODS, DR. JEFFREY DAVIS, HANDY MART, ARBY'S, BANK OF CLARKE COUNTY, IHEART MEDIA, ATLANTIC UNION BANK, FREDERICK BLOCK AND GLAIZE APPLES...your support mean so much!"

JAMAICAN ME WANT TO SERVE

There are nine volunteers signed up to go to Jamaica the first two weeks of November and space for more. If you are interested see Byron Brill. The board is providing funding to help purchase dictionaries to distribute and dental equipment to use during their mission. Byron's goal is to have two trips to the island each year.

We will be working with the Negril Rotary Club while there providing help in the form of everything from soup kitchen service to painting and child care. Cost should be little more than \$1,000 and entertainment is cheap.

The travel date is **October 31, 2019** returning on November 14, 2019. If you have any interest or need additional information, please call Byron or Kathy Brill at 540-664-1834 or email: kkanter8@gmail.com



Need to make-up an absence? Check out these area club meetings:

- | | |
|--|---|
| Clarke County - Wednesday Lunch - Presbyterian Church, Berryville - Noon | New Market - Wednesday Lunch - The Shenvalee Golf Resort - Noon |
| Charles Town - Tuesday Lunch - Jefferson Hospital - 12:15 pm | Purcellville - Thursday - Loudoun Golf & Country Club - 7:30 am |
| Frederick County - Tuesday Breakfast - Westminster Canterbury - 7:30 am | Strasburg - Tuesday Noon - Strasburg Moose Lodge - Noon |
| Front Royal - Friday Lunch - Warren County Community Center - Noon | Warren Co. - Wednesday Breakfast - Front Royal Golf Club - 7:00 am |
| Hagerstown - Wednesday Lunch - Fountain Head Country Club - 12:15 pm | Warrenton - Thursday Lunch - Fauquier Springs Country Club - 12:15 pm |
| Leesburg - Thursday Evening - River Creek Country Club - 6:30 pm | Woodstock - Wednesday Lunch - Woodstock Moose Lodge - 12:10 pm |

Absentees 10-03	Don Butler	John Lamanna	Terry Sinclair
William Aikens	David Chandler	Deborah Langfitt	Jay Smith
Lori Bales	Nancy Davis	Alexis LaPorte	David Sovine
Dee Dee Barbour	Dana Evans	Chris Lewis	Jenny Stanford
Jeff Barbour	Rob Frogale	David Miles	Patty Taylor
Jackie Bates	Phil Glaize	Kit Molden	Brandan Thomas
Erik Beatley	Robert Hall	Kent Mull	Ajay Virmani
Ken Blackwell	Sherry Hudson	Chuck Peterson	Billy Whirley
Kim Blosser	Richard Irvin	Ron Price	Daniel Whitacre
Mary Braun	Douglas Joyner	Mike Richardson	Ed White
Darcus Breneman	Dwight Kemp	Diane Ruckman	Ridge White
Kerri Burkhardt	Geraldine Kiefer	Sue Scarborough	Dick Wiltshire
Paul Burkholder	Pat Kofalt	Roy Schwarz	

Visitors & Guests Last Meeting

Cindy Hunter, visiting from Woodstock Rotary
 David Bowman, guest of Rabbi Brown
 Susie Griffin, guest of Phil Griffin
 Rick Mabe, Club Guest
 Fernando Tobarres, Club Guest
 Eric Chrisman, Club Guest
 Kim Wine, Club Guest

Awards Dinner:

Our annual awards dinner is coming up on the evening of November 7. This is a black tie optional event. Two annual club awards will be awarded at the dinner. Dennis McLoughlin is accepting nominations for the Distinguished Service Award and Karen Schultz is accepting nominations for the Phil Sprengle Vocational Award.

E-MAIL SETTINGS

John Elrick advised members to be sure they have settings on their e-mail server or browser that will permit them to receive Rotary e-mails that come from our automated District Database system. He will be sending further instructions.

TRAVELODGE AWARD

Cary presented the Travelodge award for this month to **Dan Whitaker**, for all his hard work. Last month's winner, Kip Rutherford, remembered to bring the sign to today's meeting. Dan was foresighted enough to skip this week's meeting to accept the sign.



DOING GOOD IN OUR AREA

Cary noted some recent press items that involved the club or members including the Dinner in Old Town for the Dr. Terry Sinclair Health Clinic, The Winchester Rescue Mission ride, and the success our member James Imoh's son Malachi is having as the quarterback on this year's Handley High School football team. Let's keep up the "Good Work"!

Make-ups* (Date & Function Attended)

Krista Bednarski-Gibbs – 9/2 – Bingo Committee Meeting
 Paul Burkholder – 8/15 – Cog Wheel Reporter
 Nancy Davis – 7/15 – International Affair Meeting
 Dick Helm – 9/28 – Jubilee Kitchen
 Sven Hlywiak – 10/1 – Frederick County Rotary
 John Lamanna – 8/6 – Frederick County Rotary
 Neile Martin – 9/21 – Apple Harvest Festival
 David Miles – 8/6 – Frederick County Rotary
 Kit Molden – 9/19 – Golf Committee Meeting
 Chuck Peterson – 10/3 – Apple Harvest Meeting
 Kip Rutherford – 9/26 – Shrimp Feed Crew
 Karen Schultz – 10/3 – Apple Harvest Committee Mtg
 Shane Wagoner – 9/21 – Apple Harvest
 Ridge White – 10/3 – Apple Harvest Committee Meeting
 Dick Wiltshire – 9/24 – Frederick County Rotary

Turning in a Make-up?

Please make sure to complete all information, including your name, the event or club attended, date attended and date making-up on all make-cards and slips submitted.

NEXT BOARD MEETING
October 24th 6pm
Winchester Country Club
All are welcome & it counts as a Make-up!

NEW POST OFFICE BOX - #2686

Please remember...when mailing in your Rotary dues or other paperwork our new Post Office Box number is 2686.

HEALTH REPORT

Libba told us that Don Stewart suffered some complications post-surgery but he is now home at Westminster Canterbury and is happy to receive phone calls and visitors.

Health Tip

Libba presented **Ten Daily Steps** to take for better health.

- Have **1** hour of movement
- Drink **2** liters of water
- Eat **3** balanced meals
- Have **4** different colored foods
- Take **5** minutes for meditation
- Listen to **6** motivating songs
- Have **7** minutes of laughter
- Get **8** hours of sleep
- Read **9** pages of a book
- Jot down **10** reasons you are thankful



The peanut gallery noted that beer could be a substitute in item #2!

OUR LAST DRAWING

Nick Nerangis won \$14 in our last raffle, but missed the jackpot when he drew the Ace of Diamonds. This week the jackpot is \$504! Get your raffle tickets...you can't win if you don't play!



EVENT MAKE-UP SLIP
 The Rotary Club of Winchester

Print Your Name: _____

Event Attended: _____

Date of Event: _____
Committee, Board, Community Event

Date of Missed Meeting: _____

(Turn in at Sergeant at Arms Desk)

President	Cary Claytor
President-Elect	Dick Kent
Secretary	John Elrick
Treasurer	Jaime Karalis
BOARD OF DIRECTORS	
2019-2022	Jean Barch, Marie DiLorenzo, David Kelly, David Kent
2018-2021	Jeff Barbour, Nancy Davis, Dick Helm, Tricia Simpson
2017-2020	Paul Frank, John Lamanna, Libba Pendleton, Dave Smith
IMMEDIATE PAST PRESIDENT - Paul Magness	
Cog Wheel Staff: Jenny Baker, Belinda Barbour, Paul Burkholder, Tom W. Byrd, Malinda Henkel, Don Karolyi, Tom Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight, Larry Weiss	
Photos: Larry Weiss & Malinda Henkel	Reporter: Larry Weiss